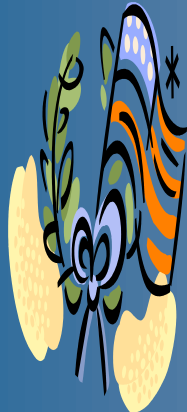




SENIOR CENTER AT CASCADES

MAY 2011 Activity Calendar



Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:00 Clothing Alterations 10:00 Aerobics 10:00 Open Computer Lab 10:30 Bingo <b>10:00 Italian Activity</b> 11:00 Duplicate Bridge 11:00 Intro to Line Dancing 1:00 Party Bridge 1:00 Intermediate Line Dancing	<b>3</b> 10:00 <b>NEW! Rejuvenating Exercise</b> 10:00 Open Painting 10:00 Creative Water Colors 10:30 Bible Study 10:30 CAFÉ Bingo 11:00 Tai Chi w/Mabel 11:00 Blood Pressure Chk <b>11:00 Nutrition Workshop</b> <b>11:30 Sterling Silvers</b> <b>12:45 AART</b> 1:00 Canasta / Poker 1:15 Intermediate Line Dancing <b>6:00 NEW! Family Game Night</b> <b>6:00 Gentle Yoga Class</b>	<b>4</b> 9:30 Pickle Ball 10:00 Aerobics / O'Heck <b>10:00 AARP DRIVER SAFETY</b> 10:30 Beginner Line Dancing 11:00 Ballroom Dancing <b>11:00 One-on-One Support</b> 12:30 Trip to Store 12:30 Beginners+ Line Dancing 1:00 Party Bridge 1:15 Beg/ Interm. Line Dancing 1:30 Current Events Discussion	<b>5</b> <b>9:30 Wii Games</b> 10:00 <b>NEW! Rejuvenating Exercise</b> <b>10:00 Spanish Activity</b> 10:30 Bingo <b>11:00 Zumba Gold Class</b> 11:00 Blood Pressure Chk <b>1:00 German Activity</b> <b>12:45 AART</b> <b>1:00 Camera Club</b> 1:00 Duplicate Bridge 1:00 Poker 1:00 Intermediate Line Dancing 2:00 Tea Time 	<b>6</b> 10:00 Aerobics 10:00 Knitting & Crocheting <b>10:00 AARP DRIVER SAFETY</b> <b>10:00 Cascades Singers</b> <b>10:00 Spanish Activity</b> <b>10:30 French Activity</b> 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel 1:00 Hand & Foot (cards) 1:00 Party Bridge 1:15 Beginner / Intermediate Line Dancing 1:30 Bingo <b>2:00 Mother's Day Tea</b> <b>2:00 Hearing Loss Support Group</b>
<b>9</b> 9:00 Clothing Alterations 10:00 Aerobics 10:00 Open Computer Lab 10:30 Bingo <b>10:00 Italian Activity</b> 11:00 Duplicate Bridge 11:00 Intro to Line Dancing 1:00 Party Bridge 1:00 Intermediate Line Dancing	<b>10</b> <b>9:00 INOVA Health</b> 10:00 <b>NEW! Rejuvenating Exercise</b> 10:00 Open Painting 10:00 Creative Water Colors 10:30 Bible Study 10:30 CAFÉ Bingo 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel <b>11:00 Nutrition Workshop</b> <b>11:00 "Stroke Prevention"</b> <b>12:45 AART</b> 1:00 Canasta / Poker 1:15 Intermediate Line Dancing 6:00 <b>Gentle Yoga Class</b> <b>5:30 Potluck Bingo</b> <b>6:00 Man to Man Group</b>	<b>11</b> 9:30 Pickle Ball 10:00 Aerobics / O'Heck <b>10:00 Cascades Deaf Seniors Social</b> 10:30 Beginner Line Dancing 11:00 Ballroom Dancing 12:30 Trip to Store 12:30 Beginners+ Line Dancing 1:00 Party Bridge 1:15 Beg/ Intermediate Line Dancing 1:30 Current Events Discussion	<b>12</b> <b>9:30 Wii Games</b> 10:00 <b>NEW! Rejuvenating Exercise</b> <b>10:00 Spanish Activity</b> 10:30 Bingo <b>11:00 Zumba Gold Class</b> 11:00 Blood Pressure Check <b>11:30 Lenscrafters</b> <b>1:00 German Activity</b> <b>12:45 AART</b> 1:00 Duplicate Bridge 1:00 Poker 1:00 Intermediate Line Dancing 2:00 Tea Time	<b>13</b> 10:00 Aerobics 10:00 Knitting & Crocheting <b>10:00 Cascades Singers</b> <b>10:00 Spanish Activity</b> <b>10:00 ESL</b> <b>10:30 French Activity</b> 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel <b>11:15 Lunch Bunch</b> 1:00 Hand & Foot (cards) 1:00 Party Bridge 1:15 Beginner / Intermediate Line Dancing 1:30 Bingo
<b>16</b> 9:00 Clothing Alterations 10:00 Aerobics 10:00 Open Computer Lab 10:30 Bingo <b>10:00 Italian Activity</b> 11:00 Duplicate Bridge 11:00 Intro to Line Dancing 1:00 Party Bridge 1:00 Intermediate Line Dancing	<b>17</b> 10:00 <b>NEW! Rejuvenating Exercise</b> 10:00 Open Painting 10:00 Creative Water Colors 10:30 Bible Study 10:30 <i>Hearing Aid Assistance</i> 10:30 CAFÉ Bingo 11:00 Tai Chi w/Mabel 11:00 Blood Pressure Check 11:00 <i>Blue Ridge Speech &amp; Hearing</i> <b>11:30 Sterling Silvers</b> <b>12:00 Book Club</b> 1:00 Canasta / Poker <i>1:30 Writing Group</i> 1:15 Intermediate Line Dancing 6:00 <b>Gentle Yoga Class</b>	<b>18</b> 9:30 Pickle Ball 10:00 Aerobics / O'Heck 10:30 Beginner Line Dancing 11:00 Ballroom Dancing <b>11:00 One-on-One Support</b> <b>11:00 Jeopardy!</b> <b>12:00 Ceramics Class</b> 12:30 Trip to Store 12:30 Beginners+ Line Dancing 1:00 Party Bridge 1:15 Beg/Intermediate Line Dancing 1:30 Current Events Discussion <b>1:30 Movie: "The Fighter"</b>	<b>19</b> <b>9:30 Wii Games</b> 10:00 <b>NEW! Rejuvenating Exercise</b> <b>10:00 Hearing Loss Assistance</b> 10:30 Bingo <b>10:00 Spanish Activity</b> 11:00 Blood Pressure Check <b>11:00 Zumba Gold Class</b> <b>1:00 German Activity</b> <b>1:00 Camera Club</b> 1:00 Duplicate Bridge 1:00 Poker 1:00 Intermediate Line Dancing 2:00 Tea Time	<b>20</b> 10:00 Aerobics 10:00 Knitting & Crocheting <b>10:00 Cascades Singers</b> <b>10:00 Spanish Activity</b> <b>10:00 ESL</b> <b>10:30 French Activity</b> 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel 1:00 Hand & Foot (cards) 1:00 Party Bridge 1:15 Beginner / Intermediate Line Dancing 1:30 Bingo
<b>23</b> 9:00 Clothing Alterations 10:00 Aerobics 10:00 Open Computer Lab 10:30 Bingo <b>10:00 Italian Activity</b> 11:00 Duplicate Bridge 11:00 Intro to Line Dancing 1:00 Party Bridge 1:00 Intermediate Line Dancing	<b>24</b> <b>9:00 INOVA Health</b> 10:00 <b>NEW! Rejuvenating Exercise</b> 10:00 Open Painting 10:00 Creative Water Colors 10:30 Bible Study 10:30 CAFÉ Bingo 11:00 Tai Chi w/Mabel 11:00 Blood Pressure Check <b>11:00 Nutrition Workshop</b> <b>12:45 AART</b> 1:00 Canasta / Poker 1:15 Intermediate Line Dancing 6:00 <b>Gentle Yoga Class</b> <b>6:00 Parkinson's Support Group</b>	<b>25</b> 9:30 Pickle Ball 10:00 Aerobics / O'Heck 10:30 Beg. Line Dancing 11:00 Ballroom Dancing <b>11:30 Memorial Day Luncheon</b> <b>12:00 Birthday Celebration!</b> 12:30 Trip to Store 12:30 Beg.+ Line Dancing 1:00 Party Bridge <b>1:30 FSCC Meeting</b> 1:15 Beg/Interm. Line Dancing 1:30 Current Events Discussion	<b>26</b> <b>9:30 Wii Games</b> 10:00 <b>NEW! Rejuvenating Exercise</b> 10:30 Bingo <b>10:00 Spanish Activity</b> <b>10:00 Advisory Board Meeting</b> <b>11:00 Zumba Gold Class</b> 11:00 Blood Pressure Check <b>1:00 German Activity</b> <b>12:45 AART</b> 1:00 Duplicate Bridge 1:00 Poker 1:00 Intermediate Line Dancing 2:00 Tea Time	<b>27</b> 10:00 Aerobics 10:00 Knitting & Crocheting <b>10:00 Cascades Singers</b> <b>10:00 Spanish Activity</b> <b>10:00 ESL</b> <b>10:30 French Activity</b> 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel 1:00 Hand & Foot (cards) 1:00 Party Bridge 1:15 Beginner / Intermediate Line Dancing 1:30 Bingo
<b>30</b> <b>The Senior Center will be closed in observance of Memorial Day</b> 	<b>31</b> 10:00 <b>NEW! Rejuvenating Exercise</b> 10:00 Open Painting 10:00 Creative Water Colors 10:30 Bible Study 10:30 CAFÉ Bingo 11:00 Tai Chi w/Mabel 11:00 Blood Pressure Check <b>11:00 Nutrition Workshop</b> 1:00 Canasta / Poker 1:15 Intermediate Line Dancing 6:00 <b>Gentle Yoga Class</b>	 <b>*Activities at the Senior Center are subject to change. *Please call ahead to confirm an activity or event that you would like to attend.</b>		